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UNDER PRESSURE, IN A GOOD WAY

RISOTTO IS A PAIN TO MAKE,
BUT DOING IT IN A PRESSURE
COOKER MAKES IT EASY

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Brands flex funny bones

WestJet, lululemon and
Boston Pizza among
companies that unveiled
mockads for April Fools'

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Death penalty sought in Colorado shooting case

Prosecutor says in the case
of accused mass killer James
Holmes, "justice is death,"
while defence is expected to
argue not guilty by
reason of insanity

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'Muzzling' to be investigated

Information commissioner
Suzanne Legault says she
will look into allegations
made about suppressed
scientific research
communications

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Humans. Ew.

Author Mary Roach takes on
the gloppy, sticky part of
digestion in her latest
squirm-inducing book on
the human body, Gulp:
Adventures on the
Alimentary Canal

PAGE 20

DON'T SWEATER THE SMALL STUFF

Members of Canada's national women's hockey team practise before the IIHF women's world ice hockey championship in Ottawa on April Fools' Day. Despite mixed feelings, the team will wear Livestrong jerseys at their opening game. See story, page 25. PATRICK DOYLE/THE CANADIAN PRESS

Ice thawing between province, teachers

Talks. High school
teachers' upcoming vote
on deal with province
makes their elementary
colleagues hopeful



GRAHAM
LANKTREE
graham.lanktree@metronews.ca

Ottawa elementary school
teachers said they are hopeful
to sign off on a deal like one
being brokered with high school
teachers as the unions prepare
to battle Ontario's Bill 115 legis-
lation in court.

"The reduction of rhetoric
has gone a long way to making
things better," said Peter Giu-
liani, president of the Ottawa-
Carleton Elementary Teachers'
Federation, of discussions be-

tween the union and province
since Kathleen Wynne became
premier Feb. 11.

"Whether or not that repairs
the relationship remains to be
seen," he said. "We're in the
middle of negotiations."

Giuliani's comments came
a day after Ontario Minister of
Education Liz Sandals indicated
she would make concessions to
high school teachers with re-
spect to "sick leave, maternity

leave, retirement gratuity, un-
paid days, and local bargaining"
to smooth rifts opened by a se-
mester of teacher protests.

Protests throughout the
fall and winter saw teachers
jettison extracurricular activi-
ties, such as clubs and sports
teams, in response to Bill 115.
The controversial bill froze
salaries, barred strikes and
subverted traditional labour
relations by imposing a new

contract on teachers if a deal
wasn't struck by 2013 in an
attempt to grapple with On-
tario's \$11.9-billion deficit.

The talks led both high
school and elementary teach-
ers to bring back extracurricu-
lar in late February. "I tend
to approach things from a
positive perspective," Giuliani
said. "But, to be honest, we'll
have to wait and see the de-
tails of any deal."

Fame not fleeting: Study

In fact, McGill researchers say
it's pretty darn sticky

PAGE 23



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New foreign entrepreneurs face backlog: Business owner

Startup Visa program.

Feds aim to lure 'the world's best and brightest,' but local entrepreneur from Pakistan warns getting permanent residency takes time



JOE LOFARO
joe.lofaro@metronews.ca

A local entrepreneur from Pakistan who is in immigration limbo applauded the federal government's new Startup Visa program to lure foreign nationals, but is concerned applicants could face the same immigration backlog he is stuck in.

Announced Monday, the program will grant foreign entrepreneurs permanent residency if they get funding from a venture-capital firm or angel investor.

Minister of Citizenship and Immigration Jason Kenney said in January the program would help make Canada "the destination of choice for the world's best and brightest to launch their companies."

Abdul Haseeb Awan, founder of sunglasses manufacturer Efani, agrees but says it could take a while for applicants to get their permanent residencies if his experience is any indication.

Awan has a work permit and says immigration officials told him he could get his permanent residency in 10 months. Almost a year and a half has gone by, he said.

The old program

- Launched in the 1970s, it became apparent in recent years that the Federal Entrepreneur Program no longer functioned effectively.
- On July 1, 2011, CIC implemented a temporary moratorium on new applications to the program to limit the growth of the backlog while it is under review. There are no plans to lift the moratorium.

SOURCE: FEDERAL GOVERNMENT

"It's been more than a year and I haven't heard anything," he said. "If they're told six months, it should be six months."

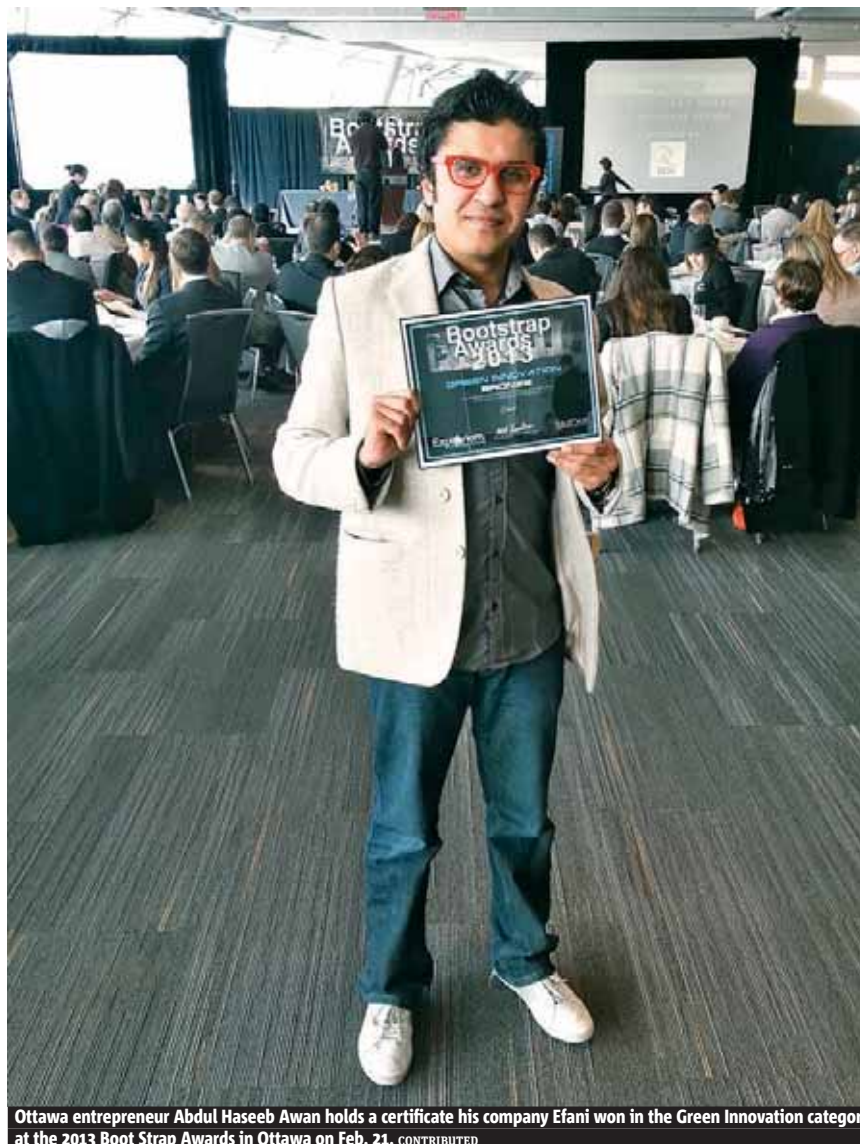
Applicants left waiting too long could lose their funding, he added.

Citizenship and Immigration Canada (CIC) says there will be 2,750 spots open to entrepreneurs in the first year of the five-year pilot program. The CIC website says processing times for the visa program could vary depending on factors such as the quantity of applications and changes in CIC operations.

"Since the startup visa is new and applications have not yet been received, processing times are still unavailable" reads a message on the website.

"Obviously, nothing is perfect," said Awan. "But it's a good starting point to attract the talent from the U.S." WITH

FILES FROM TORSTAR NEWS SERVICE



Ottawa entrepreneur Abdul Haseeb Awan holds a certificate his company Efani won in the Green Innovation category at the 2013 Bootstrap Awards in Ottawa on Feb. 21. CONTRIBUTED

1 NEWS

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Triathlete Sindy Hooper sets out for a 40 km bike ride as she prepares for this summer's Ironman Canada in Whistler, B.C., despite her battle with pancreatic cancer. GRAHAM LANKTREE/METRO

Triathlete races on after diagnosis

Iron-woman.

After learning she had pancreatic cancer, Sindy Hooper decided to keep training to raise money for research



GRAHAM LANKTREE
graham.lanktree@metronews.ca

When Sindy Hooper quit her job to tackle an Ironman triathlon after learning a friend had cancer, there was no inkling that she would soon be in a race for her own life against the disease.

"It's just devastating. I

went from being very healthy and thinking I would live to 85 to being faced with this disease," Hooper said of her pancreatic-cancer diagnosis, which came shortly after her 50th birthday on Dec. 9. "You look at the stats and it's a very fatal cancer. Ninety-four per cent of all people with pancreatic cancer die within (five) years. I have to stay hopeful."

Never one to back down from a challenge, Hooper continues to train 20 hours a week despite chemotherapy, a complex surgery to remove a tumour in January and an upcoming radiation treatment — and she still plans to race the all-day event in

Ironman results

During her first full Ironman triathlon at Mont-Tremblant in August 2012, Sindy Hooper racked up some impressive numbers and blew the cut-off time of 17 hours to finish the event out of the water. She placed sixth in her age group.

- Swimming: 3.86 km

Sindy's time: 1:10:04

- Cycling: 180 km

Sindy's time: 6:18:30

- Running: 42.2 km

Sindy's time: 3:50:58

- Total time: 11:38:17

Whistler this August.

"Getting back to those things makes me feel healthy and normal again," she said. "I'm training 50 per cent of what I did before at 60 per

cent of the effort. This year is not about qualifying for the Ironman world championship in Hawaii but to raise money for pancreatic cancer."

Four years ago, Hooper

quit her job as a health-care administrator to pursue her goal of racing against the world's best triathletes at the annual Hawaii event after a good friend was diagnosed with ovarian cancer.

"It was a reminder for me that life can be short," she said. "This became such a big dream for me."

Hooper intends to cross the finish line with her husband Jon, a physician, wearing special racing gear decked out with a purple ribbon on the side and a pancreatic-cancer logo on the back to raise \$5,000 for research.

"Pancreatic cancer doesn't get a lot of funding," she said. "People die so quickly there

aren't enough people out there to be spokespersons."

So far, Hooper has raised \$872 toward that goal. Leading up to the summer race, she will drum up more backing by tackling Ottawa Race Weekend May 25 with 50 friends and supporters, as well as a number of other races including an Ottawa-to-Kingston bike ride.

"I've been floored by the amount of support I've received throughout all of this," she said tearfully. "People tell me that it really inspires them. That's important for me."

Follow Graham Lanktree on Twitter @MetroGraham



Diagnosis

In her own words

On the pancreaticcancer-canada.ca website, Sindy Hooper writes about the risk factors for developing the disease and her reac-

tion with her husband, Dr. Jon Hooper, upon hearing the news:

After an exceptionally long ultrasound, the radiologist told me I had a malignant tumour on my pancreas, a cancer. Shock, disbelief, my world felt shat-

tered. How is this possible when I'm in the best shape of my life? When Jon and I were alone, I asked him, "Is this a good cancer or a bad cancer to have?" He replied "a bad one" and we both cried, hugging each other, not knowing what

to say next.

I soon learned that the predisposing factors for pancreatic cancer are smoking, obesity, age over 55, African-American heritage, pancreatitis and diabetes. I had none of them. Pancreatic cancer is the fourth leading cause

of cancer-related death in Canada and the lifetime probability of developing pancreatic cancer is approximately one in 79. It has the highest mortality rate of all the major cancers: 75 per cent die within the first year of their diagnosis

(most within the first three to six months) and 94 per cent of patients die within five years. Surgery offers the best chance for long-term survival. However, only 15 per cent of patients are diagnosed early enough to be eligible for surgery.

Public-private-partnership policy pitched by city staff

Rules. 'Open, fair and transparent process' to be overseen by city's supply branch: Report



ALEX
BOUTILIER
alex.boutilier@metronews.ca

Ottawa's finance and economic development committee will have a chance to weigh in on a proposed public-private-partnership (P3) policy on Tuesday.

The policy lays out a uniform set of rules for P3 agreements — agreements that see the private sector finance and provide services historically provided by the public sector. Recent examples of P3 deals include the redevelopment of Lansdowne Park and the development of the Shenkman Arts Centre and Orleans Town Centre.

A standard governance model and selection criteria



An artist's rendering of the new stadium to be part of the Lansdowne Park redevelopment. The Lansdowne Park development is an example of a P3 agreement, which see the private sector finance and provide services historically provided by the public sector. CONTRIBUTED

for P3 projects was first requested by the city's auditor general, Alain Lalonde, who in 2006 identified a need for uniform criteria to judge the merits of a P3 project.

"The policy was developed to address the recommendations outlined in the 2006 audit and to meet key object-

ives of delivering city projects in innovative ways," the report reads.

"The policy establishes consistent practices that will require city departments to follow when evaluating and pursuing potential P3 options for the implementation of city projects."

The overriding goals are to find "innovative" ways of delivering services and addressing infrastructure priorities, engaging private-sector expertise and financing, and to share project risks related to money, capital and operations between the public and private sectors.

Searching. Ottawa seeks consultants for Queen Street revamp

Ottawa is looking for a consulting firm to undertake a massive study on how best to transform Queen Street into the downtown's showcase transit corridor.

The successful applicant will be given the unenviable job of bringing together a variety of interests, including community groups, businesses and city bureaucrats with an eye to a preferred plan for the central downtown street. And, according to a request for proposals posted Monday, the city wants it done within a year.

It will be the first step of Ottawa's Downtown Moves plan, a \$575,000 framework intended to make the most of opportunities associated with the city's coming light-rail line.

"The essence of this 'move' is to transform Queen Street into downtown Ottawa's 'Transit Showcase Street,' and respond to the demands that will be placed on the street by the future OLRT station entrances located along it," the RFP reads.

"Queen Street will comfortably support high pedestrian volumes destined to and from the OLRT stations within a vastly improved street environment with an emphasis on aesthetic quality and ease of movement of all pedestrians."

The detailed plan will have to balance the needs of pedestrians and transit users (both light rail and bus) while accommodate cyclists and providing on-street parking and loading space.

Beautifying the street, including providing benches and trees, will also be required, as will "incentivizing" commercial development along the strip bordered by Bronson Avenue and Elgin Street.

ALEX BOUTILIER/METRO

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Coun. Maria McRae, shown speaking with reporters in this file photo, reacted with surprise to the 26 per cent increase in access-to-information requests submitted to the city in 2012. METRO FILE

Councillor surprised by spike in requests for city information

2012 report. Steep increase may mean city is not releasing responses quickly enough, McRae says



JOE LOFARO
joe.lofaro@metronews.ca

Requests sent to the city's Access to Information and Privacy Office have been on the rise since 2010, according to a report to the city's finance and economic development committee, and one of its members has no idea why.

The 2012 Year End Municipal Freedom of Information and Protection of Privacy report says the city responded to 855 requests for general records in 2012. That's a 26 per cent jump

from 2011 (680) and a 48 per cent increase from 2010 (576).

"I saw that number, and it surprised me," said River Ward Coun. Maria McRae, who sits on the committee that will receive the report Tuesday. The numbers could indicate that the city needs to release more information sooner, McRae said.

Citizens, special-interest groups and members of the media can request municipal government information through a formal process at a cost. The statutory time frame to respond to a request is 30 days, but the city only met that target with 660, or 77 per cent, of the 855 requests. The city was able to meet the deadline 84 per cent of the time in 2011.

McRae said she couldn't comment on whether or not the access-to-information office at city hall is understaffed.

She said the city clerk and

Response time

30 days

The city is required by law to respond to requests within 30 days. But that target was met in only 660 of the 855 requests filed in 2012.

deputy city clerk are keen on getting more information out in a timely manner. "Then the public has confidence that you're not conducting regular business outside of the public domain," she said.

"As long as we're not revealing confidential information that could harm us in a legal debate with somebody or as long as we're not releasing confidential personnel records," she added.

Follow Joe Lofaro on
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Boy Scouts. Application for troop sponsored by gay-rights group denied

The Boy Scouts of America has rejected an application for a scouting troop sponsored by a Utah gay-rights organization.

The Utah Pride Center asked permission to start a troop for 10 middle-school-aged children with straight troop leaders, said executive director Valerie Larabee. Many of the boys' parents had left Scouts or opted not to join because of their opposition to their long-standing policy excluding gay men and women.

After spending four months preparing a proposal to adhere to Scouts' standards, Utah Pride Center officials said their entire application was returned intact four days later — including the business cards they included.

They were told that the mission of their organization didn't properly align with the goals of Boy Scouts, said Utah Pride Center's director of community engagement.

THE ASSOCIATED PRESS

New York

Archbishop says Church should be more open to gays

The archbishop of New York says the Roman Catholic Church has to make sure that its defence of marriage is not reduced to an attack on gays.

Cardinal Timothy Dolan says the church could work on being more welcoming to

gays and lesbians. He says the church tries its "darnedest to make sure we're not an anti-anybody."

Dolan made the remarks Sunday on the ABC News program This Week. Dolan says he would tell gay men and lesbians that God loves them and they're entitled to friendship. But he says marriage is a union between a man and a woman "where children can come about naturally."

THE ASSOCIATED PRESS

Prosecutors want death penalty for Holmes

Colorado theatre shooting. The defence is expected to argue suspect is not guilty because he was legally insane at the time

Prosecutors on Monday said they will seek the death penalty against the man accused in last year's movie-theatre attack that killed 12, injured 70 and spurred new gun-control laws in Colorado.

The much-anticipated disclosure came in a court hearing held four days after prosecutors publicly rejected an offer by James Holmes' attorneys that the former neuroscience graduate student would plead guilty to avoid execution. Prosecutors had said the proposal wasn't a valid plea-bargain offer.

The decision to seek execution will delay the start of the

trial until at least February, and the judge acknowledged even that might not be enough time for all sides to prepare. The trial had been planned to begin in August.

"It's my determination and my intention that in this case for James Eagan Holmes justice is death," Arapahoe County District Attorney George Brauchler said at the Monday hearing. He spoke quietly and deliberately without any hesitation.

There was no audible reaction from Holmes, whose parents sat side by side, clutching hands with fingers intertwined.

They were quiet, as were the victims in the courtroom when Brauchler disclosed his decision.

Bryan Beard, whose best friend was killed in the attack, sat in an overflow courtroom. "I had a huge adrenaline rush," he said. "I love the choice, I love it, I love it.... I hope I'm in the room when he dies."

THE ASSOCIATED PRESS



This March 12 photo shows James Holmes, Aurora theatre-shooting suspect, in the courtroom during his arraignment in Centennial, Colo.

RJ SANGOSTI/DENVER POST/THE ASSOCIATED PRESS



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Pour plus d'information, veuillez communiquer avec :

Françoise Magunira
613 742-2483, poste 3035
fmagun@lacitec.on.ca

Victoire Barihuta
613 742-2483, poste 2096
vbarih@lacitec.on.ca

cnfs.lacitec.on.ca



Canada

Ce programme est financé par le Ministère des Ressources Humaines et Développement des compétences du Canada.



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India. Rapes and murders are scaring off foreign tourism: Study



Foreign tourists offer flowers in remembrance of an Indian woman murdered on a New Delhi bus. MANISH BHANDARI/THE ASSOCIATED PRESS FILE

The rape and murder of a woman in New Delhi in December followed by two attacks on foreign female travellers has altered how tourists view India and led to a sharp fall in the number of foreign tourists, a new study says.

In the three months since that attack, the number of foreign tourists has dropped by 25 per cent, according to the Associated Chambers of Commerce and Industry in New Delhi. The number of female tourists has dropped by 35 per cent.

Decrease

25%

The drop in foreigners travelling to India in the three months since the rape and murder of a woman on a New Delhi bus.

According to the study, nearly 72 per cent of tour operators said cancellations of holiday bookings came mostly from female tourists from western nations.

THE ASSOCIATED PRESS

Tourists beaten, one sexually assaulted aboard van in Rio

Rio de Janeiro, Brazil.

Two arrests made after foreigners were held in public van for six hours

Two foreign tourists were held for hours, brutalized and one of them sexually assaulted aboard a public transport van in Rio de Janeiro's Copacabana beach neighbourhood, police said in a statement.

Two men aged 20 and 22 have been taken into custody and a third is being sought in connection with the incident, which saw the tourists held for around six hours starting shortly after midnight on Saturday,

police said.

According to the statement, the suspects forced other passengers to get out of the van and then sexually assaulted the female. During the alleged assault, the tourists were driven to the poor suburban neighbourhood of Sao Goncalo, where the two suspects were apprehended.

The victims' nationalities have not been released, but local media reports have said the woman is American. Reports said the two had been studying Portuguese in Rio for about a month and that both left the country following the incident.

The statement said one of the victims' cellphones was found in the suspects' possession. The suspects had

Posited motive

"The characteristics ... lead us to believe that they wanted to have a 'party of evil.'"

Commanding officer Alexandre Braga, who heads the Rio police unit specializing in crimes against tourists.

Travel destination?

The incident raises new questions about security in Rio, which has cracked down on once-endemic drug violence in preparation for hosting future events.

- **Rio's schedule.** The city will play host to World Youth Day, a Roman Catholic pilgrimage expected to draw

some 2 million people in late July; next year's soccer World Cup; and the 2016 summer Olympic games.

- **Statistics.** In Brazil, more than 5,300 cases of sexual assault were reported between January and June 2012, according to the country's Health Ministry.

also used a debit card belonging to one of the victims at two gas stations, the statement said.

The Globo television network broadcast surveillance camera images of two men filling up the van and showed police images of a metal bar the suspects are thought to have used to beat and intimidate the victims.

The victims identified the two suspects, and a Brazilian woman has said she'd also been assaulted by the pair

on March 23, the statement said.

In a Globo interview, commanding officer Alexandre Braga, head of the Rio police unit specializing in crimes against tourists, said the suspects had gone on a sex crime spree.

"The principal motive appears to have been the satisfaction of their lust," Braga said, adding that the robbery and other crimes appear to have been "secondary."

THE ASSOCIATED PRESS

France considers widening its ban on religious garb



A vendor sets up his stall on the first day of the 30th annual Meeting of Muslims in France, Europe's largest Muslim convention, on Friday in Le Bourget. REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

French President Francois Hollande wants a new law that could extend restrictions on the wearing of prominent religious symbols in state jobs into the private sector. His new tack comes after a top French court ruled in March that a day-care operator that gets some state funding unfairly fired a woman in a headscarf, sparking a political backlash.

Many Muslims and even some Roman Catholics and Jews fear France's insistence on secular values — first enshrined in the French Revolu-

tion more than two centuries ago — is unfairly crimping their ability to express their beliefs. They also worry that Hollande's government wants to score political points.

"Islam has become a political instrument," said Samia Kaddour, 26, a community activist. She has all but given up hope for a state job but is not yet discouraged enough to leave.

"I'm not a foreigner. I'm French," she said. "I love this country ... even if it has trouble liking us." THE ASSOCIATED PRESS

French law

France bars state employees from wearing prominent religious symbols such as Muslim headscarves, Jewish skullcaps or large Christian crosses in public schools, welfare offices or other government facilities.

- Two years ago, France banned Muslim veils that cover the face from being worn in public.



U.S. soldier knifed by teen while playing with kids: Official

Afghanistan.

American deaths spike dramatically following five-year low

An Afghan teenager fatally stabbed an American soldier in the neck as he played with children in eastern Afghanistan, officials said Monday, as the U.S. death toll rose sharply last month with an uptick in fighting due to warmer weather.

Last week's calculated attack shows that international troops still face a myriad of dangers even though they are increasingly taking a back seat in operations with Afghan forces ahead of a full withdrawal by the end of 2014.

Just one U.S. service member was killed in February — a five-



Sgt. Michael C. Cable
THE ASSOCIATED PRESS/U.S. ARMY

year monthly low — but the American death toll climbed to at least 14 last month.

Overall, the number of Americans and other foreign forces killed in Afghanistan has fallen as their role shifts more toward training and advising

government troops instead of fighting.

But a series of so-called insider attacks on foreign troops has threatened to undermine the trust needed to help President Hamid Karzai's government take the lead in securing the country after more than 11 years at war.

The attack that killed Sgt. Michael Cable, 26, of Philpot, Ky., last Wednesday occurred after the soldiers had secured an area for a meeting of U.S. and Afghan officials in a province near the volatile border with Pakistan.

But one of two senior U.S. officials who confirmed that Cable had been stabbed by a young man said the assailant was not believed to have been in uniform so it was not being classified as an insider attack.

THE ASSOCIATED PRESS

The Netherlands. Four arrested on suspicion of burying deadly nerve gas

Dutch police spent three days digging up a field after receiving a tip that sarin may have been buried there, but found no trace of the deadly nerve agent, a prosecutor's office spokeswoman said Monday.

Two men and two women have been arrested in the case in the southern city of Maastricht on suspicion of owning and concealing a deadly gas, spokeswoman Cindy Reijnders said in a telephone interview.

She said police started monitoring a man's movements last week after a tip and arrested him Friday as he was about to start digging in a field just outside Maastricht, a city close to the Dutch border with Belgium. She said police have no indication that sarin was about to be used in a terror attack.

"There are no legal activities you can use sarin for," she said. "But at this moment we have no information or clues that it was going to be used for terrorism."

Reijnders said police believe the four suspects may have been trying to sell the nerve

About sarin

Sarin, first created by German scientists just before the Second World War, is a powerful nerve agent that was used in an attack by a Japanese doomsday cult on the Tokyo subway system in 1995 that killed 13 people and sickened around 6,000.

agent for their own financial gain, although it was unclear if they already had a buyer.

One suspect was arrested Friday as he was about to start digging in a field near Maastricht. Police dug up 400 square metres to a depth of a metre without finding anything.

Exposure to a high dose of sarin can cause convulsions and loss of consciousness. Death can be caused by suffocation because of muscular paralysis and the effects the sarin has on the respiratory centre of the nervous system.

THE ASSOCIATED PRESS

South Africa

White slavery accuser found stoned to death

South African police say Happy Sindane has been found stoned to death. Sindane made headlines around the world when he claimed he had been kidnapped and enslaved by blacks.

The motive for his killing was not known. Police spokesman Capt. Leonard Hlathi said Monday no arrests have been made.

A four-month inquiry in 2003 established that Sindane was the son of a black domestic worker and the white man for whom she worked for when Sindane was born.

Sindane had told reporters that he was a white slave, abused, threatened and forced to live outdoors tending animals.

His black family was insulted. They said they had taken in an unwanted child and treated him as one of their own.

THE ASSOCIATED PRESS

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Watchdog to examine 'muzzling' of scientists

Taxpayer-funded research. Better access to information needed, advocacy group says

Federal policies that restrict what government scientists can say publicly about their work are about to be put under the microscope.

Federal Information Commissioner Suzanne Legault has agreed to investigate how

Discontent

"We have indications that there is very, very broad discontent amongst scientists about being muzzled and having their research suppressed."

Calvin Sandborn, legal director of Victoria's Environmental Law Centre

government communications rules on taxpayer-funded science impact public access to information.

Legault is responding to a detailed complaint lodged by the Environmental Law Centre at the University of Victoria and the ethics advocacy group Democracy Watch.

Their lengthy report — "Muzzling Civil Servants: A Threat to Democracy?" — laid out repeated examples of taxpayer-funded science being suppressed or limited to pre-packaged media lines across six different government departments and agencies.

In a letter to the complainants, the commissioner's office noted she is required under the Access to Information Act to investigate any matter related to obtaining or requesting records.

The complaint alleges that by keeping government scientists from speaking out about their work, the public is denied the chance to request records



Suzanne Legault. THE CANADIAN PRESS

— because no one is ever made aware they exist in the first place.

The complaint "alleges that the right of access to information under the act is impeded by government policies, practices or guidelines that restrict or prohibit government scientists from speaking with the media and the Canadian public," Legault's office responded, saying it "falls with the scope" of the legislative mandate.

In addition to four govern-

ment departments and two agencies cited in the complaint, Legault said she will also examine the Treasury Board Secretariat "because of its role in relation to the development and implementation of government policies."

Chris Tollefson, the executive director of UVic's law centre, said their research into suppressed science revealed both the wide scope of the practice and that it "represents a significant departure" in government practice over the last five to seven years.

"It really is a core issue in terms of the health of our democracy," Tollefson said in an interview. "We need to know what the best science is as we make difficult decisions about policy."

Prime Minister Stephen Harper's government has been accused of silencing scientists on number of subjects, particularly environmental science, since the Conservatives came to power in 2006. THE CANADIAN PRESS



MacKay welcomes baby boy

Defence Minister Peter MacKay and his wife Nazanin Afshin-Jam hold their new baby boy Kian Alexander MacKay on Monday. The boy, weighing eight pounds, two ounces, is the couple's first child.

THE CANADIAN PRESS/HANDOUT

River rescue. Edmonton man recounts pulling two girls out of water

After rescuing two young girls from the icy North Saskatchewan River on Sunday, a "starving" Adam Shaw and his dog Rocky each enjoyed a hamburger.

The meal was well deserved after a simple afternoon walk turned into a dramatic river rescue for the 27-year-old and his dog.

Shaw, his wife and two children were walking in Edmonton's Rundle Park on Sunday afternoon when the family heard screams coming from a footbridge below.

They looked down to see a girl floating in the river and another child trying to help her out.

Shaw yelled at the girls to stay put as his wife called 911 and he ran to the river.

By the time Shaw and Rocky reached the children, the second girl was also in the water and Shaw was able to pull her out.

Rocky and Shaw then set to work pursuing the girl who had "floated quite a ways down the river" and was in obvious distress.

Both dog and man fell in the water while in pursuit and eventually Rocky swam



Adam Shaw and Rocky
RYAN TUMILTY/METRO

to the girl, who managed to grab hold of his leash.

He swam her back to the shoreline where Shaw pulled both the girl and his dog onto the ice.

The group was soon met by Edmonton Fire Rescue.

"I just really didn't want to fail.... I really wanted to save them," Shaw said on Monday.

A day after the dramatic river rescue, the pair were hailed as heroes and presented an honorary helmet and a big bone by Edmonton Fire Rescue. ANNALISE KLINGBEIL/METRO IN EDMONTON

Quebec resident

Missing traveller's friends have hope

Friends of a Quebec man who vanished while driving home through Mexico's dangerous north say they're confident they'll find him and bring him home.

Marc Menard has not been heard from in more than two weeks.

The 44-year-old husband and father was returning to Canada after a three-month stay in Mexico. THE CANADIAN PRESS

Surgery rumours

Lung live Pope Francis

Does the pope have only one lung?

Despite erroneous reports that Pope Francis has lived most of his life with just one lung, the surgery actually only removed the upper part of his right lung, and his friends and family say he remains in good health for a 76-year-old man.

The Buenos Aires archdiocese and the Vatican have declined to provide medical reports on the matter. THE CANADIAN PRESS



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U.S. pot laws bring big biz to B.C. shop



Sonny Chambers, assistant manager for Green Planet Wholesale Ltd., adds fertilizer powder to a water tank at the hydroponics company's shop in Surrey, B.C. THE CANADIAN PRESS

Seeing the green.
Sales quadruple at hydroponics company after Washington and Colorado legalize weed

Business has been on fire at a Surrey, B.C., hydroponics shop since the decision was made by two U.S. states to legalize the possession of marijuana.

The ballot initiatives passed last November in Washington and Colorado allow adults over

the age of 21 to possess up to 28 grams of marijuana.

Steven Betts, a co-owner of Green Planet Wholesale Ltd., says sales have quadrupled in the last few weeks, and their multimillion-dollar businesses now employ about 60 people.

Betts says his company has plans to open a new distribution facility in Washington in the next few months.

Prof. Stephen Easton, who teaches economics at Simon Fraser University, says the company's success could draw the attention of competitors such

as big-box stores — especially if the owners are seeing large margins.

Green Planet's owners say it's not about doing anything illegally, and there's a sign near the store's checkout counter that warns customers that they'll be asked to leave if they mention any illegal substances.

"We've never been about doing things illegally," said Betts. "We're not martyrs. We don't try to be radicals or rebels. We're really about how to garden and how to garden efficiently."

THE CANADIAN PRESS



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Bears on board! Leather yoga pants! Firms yuk it up for April Fools' Day

Gotcha. Brands try to flex their funny bones with goofy mock ads

Canadian companies sought to generate some good-natured brand buzz Monday by releasing their 2013 April Fools' Day ads.

This year's participants included WestJet, the Toronto Transit Commission, Lululemon and Boston Pizza.

York University professor Russell Belk says well-executed humour can go viral and attract lots of mainstream media attention, but warns those that miss the mark risk offending.

He says newspapers have run April Fools' stories for decades, but social media can accelerate how widespread the best ads are seen.

Belk points to Calgary-based WestJet, whose tongue-in-cheek ads last year promoted kid-free planes. This year the airline says it's allowing



WestJet's April Fools' Day video promoted its "furry family" program, which purports to allow travelling pets of all kinds to roam free in the cabin. YOUTUBE SCREEN GRAB

any kind of animal, including bears, to roam free on board.

Meanwhile, the TTC released a video spoofing annoying things passengers do on the subway. It promoted a personal subway car that allows riders to apply makeup, do personal grooming and use

seats for bags and to stretch their legs.

Lululemon said it was introducing lululeather after partnering with local cow farmers who feed their animals organic grass and chia seeds. In addition to Cowabunga yoga pants, it would also offer Moomats

for exercise at \$208 apiece.

Boston Pizza said it was banning all buns and replacing them with new uses for pizza dough. Several ads on YouTube said it was adding to its menu pizza salad, pizza beer, and pizza cake.

THE CANADIAN PRESS



A video still of Lululemon's gag ad about a new line of leather yoga pants and mats. YOUTUBE SCREEN GRAB

More April 1 fun

- Scores of businesses in Britain and the U.S. have also issued April 1 news releases or videos.
- Google videos promoted new services such as Google Nose, which lets users scan the web for smells, and a new feature on Google Maps that allows people to search for pirate treasure.

New Delhi

India's top court issues landmark drug ruling

India's Supreme Court on Monday rejected drug maker Novartis AG's attempt to patent an updated version of a cancer drug in a landmark decision that health activists say ensures poor patients around the world will get continued access to cheap versions of lifesaving medicines.

THE ASSOCIATED PRESS

Market Minute

	DOLLAR 98.36¢ (-0.07¢)
	TSX 12,695.14 (-54.76)
	OIL \$97.07 US (-16¢)
	GOLD \$1,600.90 US (+\$5.20)
Natural gas: \$4.04 US (+2¢)	
Dow Jones: 14,572.85 (-5.69)	

Smokers can use nicotine replacement longer: FDA

The U.S. Food and Drug Administration says smokers who are trying to quit can safely use over-the-counter nicotine gum, patches and lozenges for longer than previously recommended in a move to help millions of Americans kick the habit.

Current labels suggest consumers stop smoking or using other products containing nicotine when they begin using the products to help them quit and that they should stop using nicotine replacement products after 12 weeks at most.

The federal agency said

By the numbers

45M

More than 45 million Americans smoke cigarettes and about half try to quit every year, according to the Centers for Disease Control and Prevention.

Monday that the makers of gum and other nicotine replacement products can change the labels that say not to smoke when using the products. The FDA also said the

companies can let consumers know that they can use the products for longer periods as part of a plan to quit smoking, as long as they are talking to their doctor.

Nicotine replacement products, designed to help people stop smoking by supplying controlled amounts of nicotine to ease the withdrawal symptoms, were first approved about 30 years ago and have gone from prescription to over-the-counter within the last 17 years.

THE ASSOCIATED PRESS

Online travel data

American Airlines, Orbitz settle suits

American Airlines says it has settled lawsuits with Orbitz over the online travel agency's display of flights and fares. The airline has been fighting with Orbitz and other firms that distribute information to travel agents, saying it can better tailor offers if it provides information directly to the agents. THE ASSOCIATED PRESS

Acquisition

American Greetings to be taken private

American Greetings has agreed to be taken private by a group led by some of its top executives in a deal that values the company at about \$580 million US. In addition to its namesake brand, American Greetings Corp. also owns Carlton Cards, Recycled Paper Greetings and Papyrus. THE ASSOCIATED PRESS

Bailout deal

Cyprus gets extra year to hit surplus

Cyprus' government spokesman says the country has been granted an extra year — until 2017 — to achieve a targeted budget surplus of four per cent as part of negotiations with international lenders for a rescue package. Government negotiators still hope to extend that by a further year. THE ASSOCIATED PRESS



TAKE CARE OF THAT SMILE FOR OVER

From feeling unconfident to wanting to look our best on your wedding day, first date or class reunion, many of us have experienced those moments when we're just not pleased with our teeth. But thanks to an ever-growing choice of teeth whitening products, you can be prouder of your smile and more confident about your appearance.

Over time, our teeth can become discoloured due to the natural aging process and the things we consume, including coffee, tea, red wine, blueberries, etc. Medications can also be to blame, for example, people who took tetracycline as part of their acne treatment. Whatever the cause, it's time to banish the less-than-white smile.

Your smile is usually the first thing people notice about you. Shiny, white teeth are indicative of someone who takes pride in his or her appearance. Not surprisingly, a white smile can speak volumes at a job interview, where interviewers can be wowed by a lot more than a great resume.

Did you know that a whiter smile can make you feel and look more attractive to the opposite sex? According to a study by the American Academy of Cosmetic Dentistry, 96 per cent of respondents feel that having bright white teeth makes you more attractive to the opposite sex.

Even though you might not be destined

THE BENEFITS OF POWER VS. MANUAL BRUSHING

Although manual toothbrushes have become significantly more advanced over the years, many people have opted to trade in their classic brushes for powered ones. Why go for the power? In addition to the obvious answer that the brush does most of the work for you, here are a few other advantages:

- Gives you a better overall cleaning – The heads of electric toothbrushes are designed to rotate and whirl in ways that remove plaque from your teeth better and more quickly than manual ones. Power brushes also penetrate under the gum line which is helpful in reducing gingivitis.
- Is easier to handle and to hold – Larger, ergonomically designed handles make brushes easier to grip — a valuable feature for people who have arthritis, dexterity issues or carpal tunnel syndrome.

- Makes you brush for the right amount of time – Built-in timers let you know when you've brushed for two minutes (the time recommended by the Canadian Dental Association).
- Prevents over-brushing – Pressure sensors indicate if you're brushing too hard. Over-brushing can lead to tooth sensitivity and receding gums.
- Provides a greener alternative – With electric brushes, you only need to replace the head once every three months instead of the entire brush.

- Offers other convenient features: Some electric brushes make the tooth brushing time even easier for you by automatically dispensing toothpaste for you. The one complaint you might hear about the power toothbrush is that it's more expensive than a manual toothbrush.

True, but isn't your long term oral health and well-being worth it?



“DID YOU KNOW THAT A WHITER SMILE CAN MAKE YOU FEEL AND LOOK MORE ATTRACTIVE?”

A WHITER SMILE FOR SPECIAL OCCASIONS

Whether you're about to walk down the aisle, getting ready for your high school prom, preparing for your first real job interview, or some other major event, there's one look that suits every occasion — whiter smile.

OVERALL HEALTH

for Hollywood, a set of whiter teeth can make you feel like a star. True, your next starring role might be in a graduation picture or next your holiday party, but even so, a brighter smile can make all the difference in the world.



If you are thinking about whiter shade of white, there are a few options available, ranging in price from less than \$20 up to about \$2,000.

Going to a professional

A dental professional cleans and removes any plaque along your gum line. Once this is done, a peroxide-based gel is applied to your teeth followed by a special light that activates the gel. The process usually takes about an hour, and can whiten teeth several shades. The cost can range from \$300 to \$2,000 depending on the system, the technology, and the effort required to achieve desired results.

Tailored whitening kits

Using impressions of your teeth the dental professional creates a tailored whitening tray and provides a peroxide-based teeth whitening gel to be used with the tray.

Some can be worn at night, others during the day. Trays should be worn daily for optimal results. Customized trays can cost anywhere from \$100 to \$800.

Over-the-counter options

If you're watching your budget or don't have the time to visit your dentist you might want to try over-the-counter products like strips for whitening. You'll find these products at pharmacies, and drug and grocery stores where they range in price from \$15 to \$60. Although they do not offer the same whitening power as professional at-home bleaching kits, these products do produce noticeable results.

An important thing to remember is that the level of whiteness will vary among individuals. What works for a friend might not work for you. Talk to your dental professional to see if you're a good candidate for teeth whitening.



REASONS WHY IT'S IMPORTANT TO FLOSS

Consider dental floss one half of a powerful plaque-fighting duo that also includes the trusted toothbrush. If you think flossing doesn't need to be part of your daily oral health routine, here are six reasons to help change your mind.

Thwart tooth decay: Only dental floss can remove plaque from between your teeth where cavities can easily form.

Avoid gum disease: Flossing helps to prevent periodontal disease, which is one of the main causes of tooth loss.

Prevent tartar build-up: Flossing can slow down the accumulation of tartar.

Defend against bad breath: If plaque is left between your teeth, it will produce a bad smell in your mouth.

Reduce heart attack risk: Dangerous bacteria contained in plaque can enter the blood stream and cause heart disease.

Ready to get flossing? Talk to your dentist about what types of products will be most effective for you.

IT'S OK TO LOSE THE BOOZE

"Whyyyyy aren't you drinking?" the birthday girl slurred as she glared at me from behind her heavy mascara-coated lashes. "I'm on antibiotics," I lied, because simply not being in the mood wasn't going to cut it as an excuse. For this birthday-girl booze-hound, it wasn't enough to show up to the party; I was expected to toast the occasion with a second, third and fourth drink to show my solidarity.

While peer-pressure-related alcohol consumption might seem like an issue relegated to the teenage house party and university campus, the social expectations surrounding drinking are still very much present in our post-collegiate years and beyond. There seems to be a slew of social events that require us to indulge in a few drinks in the name of friendship. From weddings and birthday parties to bachelorette weekends, it's difficult to avoid the social lubricant of choice without drawing attention to yourself.

But if you keep track of those casual drinks throughout



SHE SAYS
Jessica Napier
metronews.ca

the week — a glass of wine with dinner, cocktails with friends after work, a couple of mimosas with brunch — they start to add up. The recommendation for women is no more than seven alcoholic beverages a week — for guys it's double that — but how many of us are going over that, more often than not?

Any time I've tried to commit to a defined period of sobriety, I've failed. Not because I have a "problem," but because I tend to give in to friends who insist I join them in a glass of something or other to celebrate, commiserate or simply unwind after a long week. It's not that it's so hard to say no. It's just a lot easier to say yes. Drinking is such a ritualized part of social behaviour that abstaining usually results in being subjected to an inquisition.

But it's not just friends who lay on the pressure when it comes to alcohol. Joining your colleagues in knocking back a few drinks is a common expectation in many professional settings. In some instances, the choice to remain sober can leave you at a professional disadvantage. Mention that you'd

Morning-after reckoning

Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

prefer to avoid the bar during a work function or networking event and it immediately sends up a red flag that you're not being a team player.

Raising a glass might help to elevate your social capital among friends and colleagues, but there are countless benefits to saying no. You'll save money, improve your health and realize that Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

Drinkers love company, of course, but it's important to remember that all the skinny-girl margaritas in the world aren't going to make you a better friend.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Motown piano signed, sealed, delivered



MAX ORTIZ/THE DETROIT NEWS/THE ASSOCIATED PRESS

Welcome back to 'Hitsville, U.S.A.'

Piano technician Billy Brasile installs a keyboard cover on an 1877 Steinway grand piano used by Motown greats during the label's 1960s heyday. The prized Steinway, restored thanks to Paul McCartney, was moved back into Studio A on Monday at what is now the

Motown Historical Museum in Detroit, or "Hitsville, U.S.A."

McCartney, a longtime fan of the Motown sound who recorded several of the label's songs with the Beatles, told museum officials in 2011 that he wanted to help with the piano's refurbishment after learning the historic instrument — used by Stevie Wonder, Marvin Gaye and other

Motown legends — no longer could be played.

The piano was moved to New York for repairs, and the work was completed last August. In September, McCartney and Motown founder Berry Gordy, pictured right, played it together at a charitable event at Steinway Hall in New York City.

THE ASSOCIATED PRESS



MOTOWN MUSEUM/THE ASSOCIATED PRESS FILE

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Twitter may impose a limit of 140 characters, but even that tiny bit of text can be tedious if you're simply in the mood for photos of famous people. Follow these accounts to simplify your gawking:

@CelebsTogether:

A steady supply of famous faces hanging out together that wisely steers clear of paparazzi and promo shots in favour of black-and-white surprises such as Charlie Chaplin with Gandhi or Colonel Sanders meeting Alice Cooper.

@si_vault:

Sports Illustrated's endless collection of famous images, delightfully inter-



laced with rarer fare such as a young Wayne Gretzky signing autographs while wearing a truly ghastly fur coat.

@Twisitor:

A camera in the lobby of Twitter's San Francisco office captures the well-coiffed tech stars who regularly visit, giving you a chance to put a face to the guy using the handle you wish were yours.

Comments

RE: Justin Bieber's Monkey Quarantined in Germany, published April 1

Wow...I just figured it out, JB is Michael Jackson! Pop star, great dance moves and nuts.

Google posted to metronews.ca

RE: Friend or Food? Vancouver Humane Society Bus Ads Compare Pups to Piglets, published April 1

As soon as I saw this bus ad, all I wanted to do was put a giant decal on it that said "Because Bacon."

Kevin Dykstra posted to

metronews.ca

RE: Four-year-old Crashes Car into McDonald's at Jane and Finch, published April 1

If people got tickets for being stupid there would be a shortage of paper. Xavier Leveque posted to metronews.ca

RE: Georgia Woman's Camera Washes Ashore in Taiwan, published March 27

Awesome!! I lost my camera in the Bahamas. I hope someone finds it!! Skippy76 posted to metronews.ca

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DVD reviews



The End of Time

Director. Peter Mettler

Stars. Richie Hawtin, Peter Mettler

• • • • •

Does it really matter what time it is? The End of Time artfully explores the human construct of hours, minutes and days, arguing that nature doesn't need watches, clocks and calendars. The poetic lens of Toronto cinematographer/director Peter Mettler has previously inquired into such elusive subjects as personal fulfillment (Gambling, Gods and LSD) and the Northern Lights (Picture of Light). Now Mettler is after his most elusive prey yet: the very human concept of how we track our very existence. Following a global path that leads him from proto-astronaut Joseph Kittinger to proton-smashing physicists at CERN's Large Hadron Collider in Geneva, Switzerland, and from a Hawaiian lava watcher to Henry Ford's defunct Detroit assembly line, Mettler makes a profound statement on what makes all of us tick.

Killing Them Softly

Director. Andrew Dominik

Stars. Brad Pitt, Ray Liotta, Richard Jenkins

• • • • •

The drained gangsters of Andrew Dominik's Killing Them Softly drink to excess and whore around, but achieve little satisfaction. Business has been bad lately. It's the fall of 2008 in post-Katrina New Orleans, and despite constant chatter about "the American promise" from presidential candidate Barack Obama, few people dream big. Mob hit man Jackie Cogan (Brad Pitt) is disgusted by what he sees. There are elements of Scorsese's grime and Tarantino's wit in Killing Them Softly, but writer/director Dominik has his own methods. He's brilliant at using atmosphere and attitude. **PETER HOWELL**

Dwayne Johnson, at your franchise service

Role play. The man formerly known as The Rock talks about being Franchise Viagra and where he'd fit in some of Hollywood's most epic series



NED EHRBAR
Metro World News in Hollywood

The last time we spoke to Dwayne Johnson, he said he'd earned the nickname "Franchise Viagra" because of his knack for injecting energy into lagging movie properties like the Fast and Furious and Journey to the Center of the Earth series.

He's at it again with G.I. Joe: Retaliation, grabbing the alpha position from Channing Tatum to lead America's coolest covert military force. So we thought we'd see how Johnson could be deployed for other famous franchises — some struggling, some not. To our delight, he gave the assignment a lot of thought.

"You've got to give it thought because all these franchises are so beloved, and all of them have their own built-in mythology and affinity that's global, which makes it very special," Johnson says.

"And it reminds me of when we were kids, how cool and fun big Hollywood movies can be."

With that in mind, here are his ideas:

Star Wars

"What is the cross between a Sith and a Jedi? I don't know. Is there something in between that has a bit more neutrality, who vacillates between both sides? Kind of like a grey area, possibly. Being such a big fan of Star Wars and the mythology of Star Wars, my inner boy, my inner geek — which is a big geek, by the way — embodies both sides. So back when I was eight years old I was both. And I don't know what that's called. What would that be?"

Star Trek

"My gut tells me we would



Dwayne Johnson, left, is busy kicking ass in G.I. Joe Retaliation, which opened last Friday. HANDOUT

have to create a character that puts not only the Enterprise but the entire (Federation) at risk in terms of destruction by one man. That's where I feel like we should go with that. And I love Star Trek, by the way, but it feels like that. That's heavy, right?"

Indiana Jones

"That's tough. I love George Lucas, obviously. I love Harrison (Ford). OK, I hunt him down. I hunt Indiana Jones down. When I hunt him down, there's a plot twist in there somehow where I then become the hero (laughs). And I share the hero mantle of Indiana Jones with Harrison Ford. Yes. Because of my eight-year-old inner-geek."

Twilight

"All hypothetical, right? All hypothetical. Because this is not now saying that The Rock wants to be in Twilight (laughs). In steps the most manliest, toughest son-of-a-bitch of a vampire the world has ever seen. He grabs Kristen Stewart, pushes aside Pattinson and quietly yet firmly says, 'We are now doing away with



Forget CGI, all Dwayne Johnson needs is some green paint to become The Hulk. NED EHRBAR/MWN

our boyhood ways.' Hypothetically."

American Pie

"Wow. Wow, I would say... I have no idea where I would fit in that. No clue, no clue."

Avengers

"I got it. I think I got it. I'm going to show you something right now (pulls

out his phone). It is a great question to end on, because I have been thinking about this for some time. Sometimes there are moments in life where there are no words. This is one of those moments. And this is who I should be in the next Avengers (shows photo of himself dressed up as the Hulk for Halloween) No more CGI, just me."



Cory Monteith ALL PHOTOS GETTY IMAGES

Substance addiction lands Glee's leading man in rehab

Glee star Cory Monteith has checked himself into rehab, according to *Us Weekly*. "Cory Monteith has voluntarily admitted himself into a treatment facility for substance addiction," his rep says in a statement. "He graciously asks for your respect and privacy as he takes the necessary steps towards recovery." While it isn't clear what substances exactly Monteith is looking for help

avoiding, he has opened up about his drug use in the past, telling *Parade* magazine in 2011 that he used to do "anything and everything, as much as possible. I had a serious problem." The latest rehab stint has caught friends and family off-guard. "This is a total surprise," a source tells the magazine. "He has always been very honest about how he struggled."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Buckwild star Shain Gandee found dead



THE WORD
Dorothy Robinson
scene@metronews.ca

Shain Gandee, the former trash collector who found fame as the star of new MTV reality hit *Buckwild*, was found dead yesterday along with his uncle and an unidentified person in a vehicle in West Virginia Monday morning.

According to police officials, the vehicle was discovered at 11:30 a.m. Monday by a person on a four-wheeler, hours after



Shain Gandee has died at age 21.

AMY SUSSMAN / INVISION/
THE ASSOCIATED PRESS

Gandee and his group was reported missing. MTV released a statement about the situation.

"Our thoughts and prayers are with them," the network said about the Gandee family, adding that Shain "touched everyone he met and we will miss him dearly."

Bieber's being a bad boy, and it ain't good for business

The clock is ticking on Justin Bieber's career, according to top music manager Peter Mensch, who reps acts like Metallica and the Red Hot Chili Peppers. Mensch doesn't see much of a future for the Canadian pop star after a month of hospitalizations, cancelled

concerts and dust-ups with the paparazzi. "His manager, Scooter Braun, is scared s---less. I don't know what Bieber's problem is. His career is over in three years anyway," Mensch tells the Sun. "I'd take Bieber to the woodshed and spank him."

Twitter



@JonahHill

You guys ever have such an intense sex dream about Mr. Belvedere that you wake up screaming? Me neither! That would be so weird, right?!



@JuddApatow

I am worried about Beiber. He has a monkey now. I am not joking. This is headed to a bad place. He follows the path of generic disaster.



@pattonoswalt

Peter Dinklage is the Dowager Countess of Westeros. #GameofThrones



@kevin_nealon

Should i consult a doctor if my energy drink lasts longer than five hours?



Arnold Schwarzenegger



Maria Shriver

Arnie and Maria ease up on the drama for Easter

There didn't seem to be much tension between Arnold Schwarzenegger and Maria Shriver when the separated couple sat down this weekend for Easter brunch at a Santa Monica restaurant with their children, according to *E! News*. Dressed casually, Schwarzenegger and Shriver reportedly sat

next to each other in a corner booth in Coast Cafe in the Shutters on the Beach hotel. While Schwarzenegger has admitted to hopes of a reconciliation with Shriver, he has reportedly been dating another woman, Heather Milligan, since the fall. Milligan was not present at the family brunch.

Bynes unleashes Twitter barrage at former flames



Amanda Bynes

Amanda Bynes continues to utilize her Twitter account to vent — and make her friends and family worry about her mental well-being. This weekend, Bynes posted a bizarre tirade of tweets aimed at her "exes," though she didn't name names. "When you write me on Twitter and I ignore you, it's because I plan on ignoring you on Twitter and in life forever," she wrote, along with, "If you were hot, I'd be so into you. Dedicated to my exes still tryna holla."

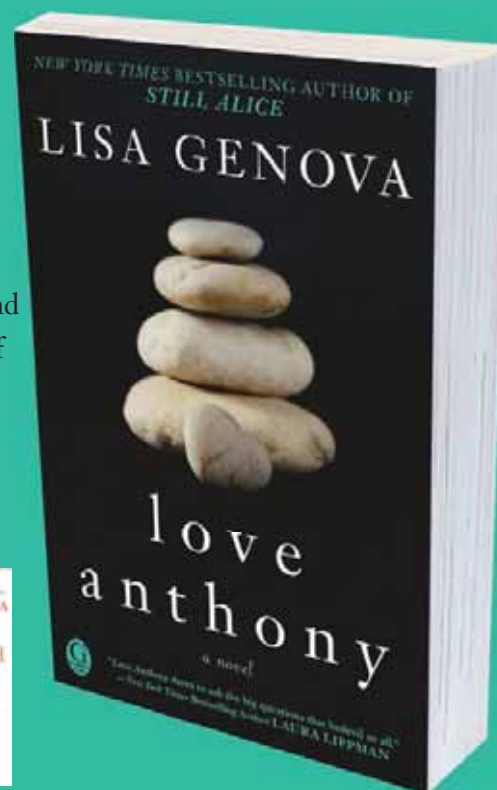
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We're just big bags of icky stuff, and other science facts

New book. Author of *Gulp: Adventures on the Alimentary Canal* takes on the gloppy, sticky part of digestion

SHAUN
BRADY
Metro World News

Mary Roach built her career on exploring aspects of the human body that go overlooked by most writers.

In most cases, an interview subject suffering from a bad cough wouldn't be an ideal situation.

But it's oddly appropriate when the subject is Mary Roach, who can excuse herself with, "Speaking of mucoid substances, I'm launching some of them into your ear right now."

Roach has built her career on her delight in probing aspects of the science of the human body that most people would rather just ignore. In *Stiff: The Curious Lives of Human Cadavers*, she followed the body through its many strange post-mortem pathways; in *Packing For Mars*, she uncovered the less glorified side of the space program through zero-gravity toilets and long-term bed rest.

In her latest, *Gulp: Adventures on the Alimentary Canal*, Roach trains her sardonic, steel-stomached curiosity on the science of eating and digestion, finding laboratories where pet food is taste-tested, windows are opened onto a



"It was the last taboo that I haven't covered," Roach says of her latest endeavour. CHRIS HARDY

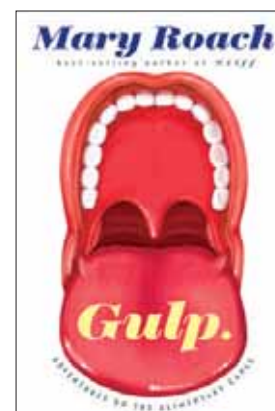
human stomach (literally), and those aforementioned mucoid substances are gathered and examined.

"It was the last taboo that I haven't covered," Roach says of her latest endeavor.

"Once you take food off the table and put it into your body, it becomes an object of revulsion. People get very flipped-out and disgusted, so it's yet another topic that I thought it would be fun to

pull apart and explore."

As with *Bonk*, her book about the science of sex, Roach is particularly fascinated by the way in which subjects that give us such pleasure have so many aspects we



Chow down

"Once you take food off the table and put it into your body, it becomes an object of revulsion."

Author Mary Roach
Talking about what you can find in her new book *Gulp: Adventures on the Alimentary Canal*

find utterly repulsive.

"We have a little bit of disgust for all of our biological processes," she says. "I don't think that eating is unique in that way — if you strip away love and lust and all the higher trappings of sex and you just take it down to what the bodies are doing and the substances involved, it becomes icky. Any time you peel away the skin and reveal the fact that we're just big bags of digesting, secreting, pumping, gloppy, sticky, icky stuff, it's upsetting."



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DIETS FOR ALL FOOD-FUSSERS

Metro breaks down quick food plans for three types of food eaters: carbohydrate cravers, meat lovers and I'll-eat-anything foodies.

Carbs Protein Fat	BREAKFAST	LUNCH	DINNER	SIDE DISH OR SNACKS	DIETS FOR YOUR FOOD TYPE
<p>CARB HEAVY DIET</p>	<p>Banana, whole-wheat toast with peanut butter</p>	<p>Tuna, brown rice, apple</p>	<p>Baked potato with baked beans</p>	<p>Tomatoes, red peppers, carrots, celery</p>	<p>Montignac Method World's first GI diet, focusing on carbs with low glycemic index, which keeps blood sugar level stable</p> <p>Raw Food Diet Weight loss program, based on 75 per cent raw fruit and vegetables</p>
<p>PROTEIN-HIGH DIET</p>	<p>Eggs, bacon, avocado</p>	<p>Lamb chops and walnuts</p>	<p>Chicken breast, avocado, whole milk</p>	<p>Lettuce, tomatoes, mushrooms</p>	<p>Dukan Diet Follows four distinct phases to help lose weight</p> <p>Atkins Diet Famous protein-heavy, carbs-light diet</p> <p>Paleolithic Diet Eat like a caveman: lots of meat, no wheat or grains</p>
<p>EAT-ANY FOOD DIET</p>	<p>Oatmeal and blueberries</p>	<p>Whole grain pasta, tuna, egg</p>	<p>Chicken breast, potatoes, broccoli</p>	<p>Carrots, plain yogurt, cucumber</p>	<p>Weight Watchers Points-based program and well-established community and support</p> <p>Blood Type Diet Eat for your blood type to boost metabolism</p>

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THE WORLD'S MOST SEARCHED-FOOD DIETS



SOURCES: SWOOLME, JOY DUBOST, ACADEMY OF NUTRITION AND DIETETICS; GOOGLE TRENDS; GOOGLE ZETGIST; CALORIE CONTROL COUNCIL NATIONAL CONSUMER SURVEY

TEXT: ANTHONY JOHNSTON, GRAPHIC: MIA KORAB, MWM

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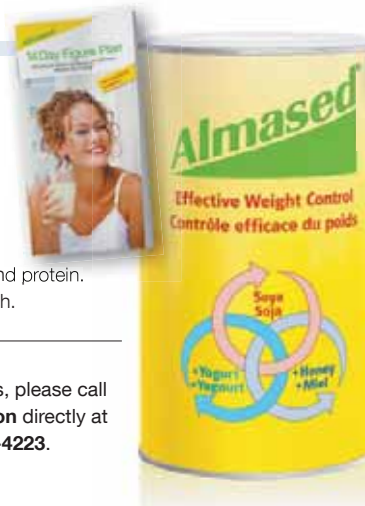
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The pressure is on to make tasty spring-friendly risotto

Pressure cookers can be intimidating. They seem fussy — and scary! But you may be sold after you make risotto, a dish that by definition is tedious to make.

It simplifies the process and — most impressively — speeds it up. What normally takes 45 minutes in a traditional sauté pan is done and ready to serve in about 20.

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 large shallot, chopped
- 1 cup Arborio rice
- 1/2 cup white wine
- 2 cups no-salt chicken broth
- Pinch of salt, plus more to taste
- Pinch of red pepper flakes
- 1 tbsp butter
- 1 cup small asparagus tips and tops, cut into 1-inch pieces
- 1 cup shredded Parmesan cheese
- 1/8 cup chopped fresh chives



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In pressure cooker over medium, heat oil until shimmering. Add shallot and sauté

for 3 minutes, or until translucent. Increase heat to high and add rice, stirring to coat. Toast

the rice, stirring constantly, for 2 minutes. Add wine and cook until evaporated.

2. Add broth and pinch each of salt and red pepper flakes. Stir until mix comes to a simmer, then lock on pressure cooker's lid. Set timer, 9 minutes. Bring cooker up to full pressure, then reduce heat to maintain that level. Cook until timer goes off.

3. Take cooker off heat and wait 3 minutes, then put pot in sink and run cold water over it to release pressure. Open cooker; the rice should be creamy. Return pot to stovetop over medium heat. Add butter, asparagus, cheese and chives. Stir until heated through and butter and cheese have melted. Season with salt and pepper.

THE ASSOCIATED PRESS / ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Health Solutions

Peas save Easter leftovers



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Easter is over and you are left with a few scraps of ham and a ham bone. Well, now, that sounds like pea soup.

Dried peas or legumes are delicious, nutritional powerhouses containing high amounts of fibre, protein and minerals including the liver cleansing one, molybdenum.

Given that you probably cleaned your house with (liver damaging) smelly chemicals for the holidays and then indulged in a whack of sugar (also liver damaging), a little molybdenum can go a long way. #StuffNutri-

tionistsSay.

Dried split yellow peas have been consumed for millennia and they are the traditional variety chosen for French Canadian Pea Soup.

The process couldn't be simpler. Place ham bone and scraps into a slow cooker with 2 cups of dried yellow split peas and 10 cups of water or broth. Add one chopped onion, one chopped carrot, 2 bay leaves and a teaspoon of thyme. Go to work. In 8 hours or so you will have a thick, healthy, delicious soup. Freeze leftovers in single serving sizes and enjoy on each and every rainy day yet to come.

Theresa Albert is a food communications specialist and private nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com



Snack. Almond-Crusted Bake-Fried Asparagus



1. Heat the oven to 450 F. Set a wire rack over a rimmed baking sheet. Coat the rack with cooking spray.

2. In a very large bowl, whisk the egg whites until frothy. Set aside. In a medium bowl, mix together the almond flour, garlic powder, paprika, cumin, salt and pepper.

3. Place asparagus in the egg whites and gently roll or toss until all of the spears are coated and moistened. A few spears at a time, transfer the asparagus to the almond flour mixture. Roll the spears in the mixture until evenly and well coated. If needed, pat the coating on with your hands. Arrange the

coated spears on the prepared rack. When all of the spears are on the rack, spritz them lightly with cooking spray.

4. Roast for 20 minutes, or until crispy and lightly browned. Serve. THE ASSOCIATED PRESS

Ingredients

- 6 egg whites
- 1 1/2 cups almond flour
- 1 1/2 tsp garlic powder
- 1 1/2 tsp smoked paprika
- 1 1/2 tsp ground cumin
- 2 tsp kosher salt
- 3/4 tsp ground black pepper
- 2 bunches asparagus, tough bottoms trimmed

Forget the basic greens and reach for asparagus instead

With asparagus season upon us, this spring salad is an exciting and satisfying alternative to the basic green salad.

First, a couple of tips about buying the star of this show. At the store, asparagus should be stored vertically, stem down in ice or water. Make sure the tips are tight and smooth, not open and feathery, and that the stalks are firm and smooth.

Size-wise, go for the thick-

er guys.

Then it's onto the button mushrooms. Sure, they seem ordinary compared to their various designer cousins, but they're absolutely delicious. Just be sure to purchase only the firmest, whitest, tightest specimens.

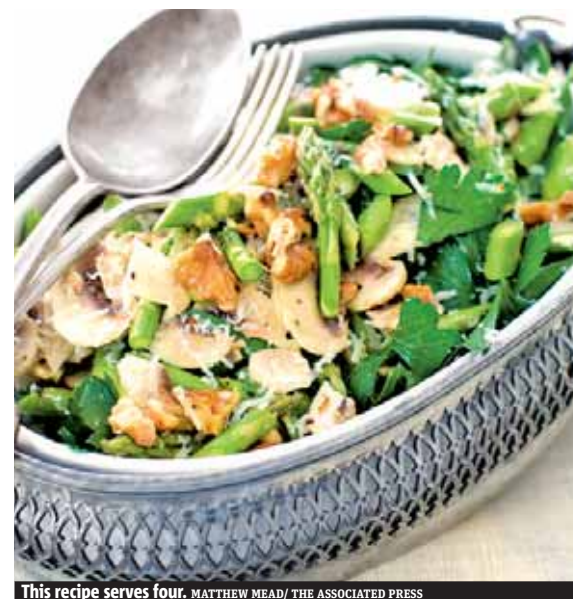
You'll also toss in fresh flat-leaf parsley, and not merely as a garnish, but as a full partner to the other ingredients.

Lastly, we have pistachio nuts. They're great for their flavour, but — at only four calories per nut — they're also a boon to the diet-conscious.

Of course, you could swap in walnuts, almonds, cashews or pecans if you wanted. They're all sources of healthy fat.

1. In a large bowl, combine a hefty pinch of salt, some black pepper and the lemon juice. Whisk until the salt is dissolved, then add the oil in a stream, whisking. Set aside.

2. Lay asparagus flat on cutting board and slice few stalks at a time very thin on a diag-



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

onal to create oblong slices.

3. Add to salad bowl along with parsley, mushrooms and pistachios or walnuts. Toss well to coat with the dressing.

4. Divide the salad among 4 serving plates and top each portion with some of the cheese. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

Real housewife of New Jersey tells it like it is in new book

Straight shooter. Caroline Manzo talks about her book, family life and reality TV

For all the table-flipping, name-calling and screaming on Bravo's *The Real Housewives of New Jersey*, there is a voice of reason among the cast. That belongs to Caroline Manzo, a straight shooter, happily married mother of three grown children.

Manzo can get worked up on the show, and she certainly holds her own in a battle, but for the most part, she seems irritated, if not bored, by the drama among her cast mates. One thing is evident — when Manzo speaks, everyone listens.

The 51-year-old reality star has expanded on her no-nonsense approach to life with a new book, *Let Me Tell You Something: Life as a Real Housewife, Tough-Love Mother, and Street-Smart Businesswoman*.

woman, written with Kevin Dickson and published by It Books.

Why did you decide to write a book?

I got the idea from the viewers. They ask me the same questions over and over again, and it's, "How do you manage to have three great children? How do you manage to have a close family, long marriage, happy marriage, backbone? How is it being in the public eye?" ... All I can say is what I've done in my life and that for me was the best way to answer the questions, through little anecdotes about my life.

You can tell on the show that you're very close with your family. Did you notice right away that people were very interested in knowing how you achieved that?

To this very moment I'm puzzled by the reaction to me and my family because I'm finding more and more that

people find it unusual and it should be normal and that's what puzzles me. Why am I unusual? Why is my bond with my children abnormal? And that's what I find interesting.

This book isn't a tell-all.

Did some people think you should make it one?

There are some people along the way that said, "It would sell more copies." Well, that to me is not success. I want the book to sell because people want to hear what I had to say about things and are truly interested in learning about me and my family and the process of being on *Housewives*, which I talk about. I don't bash anyone. I tell little behind-the-scenes anecdotes about *Housewives*. To say that something is a success because you were negative about somebody is not the way I operate.

Do you feel you've learned anything about yourself watching yourself on TV?

The greatest gift in the world

is to see yourself on reality TV. Everybody says, "Oh, gee, I hate my voice! Oh my God, I'm so fat!" You know, beyond that, you learn tolerance and acceptance and things like that and you learn to look at yourself and say, "Gee, I could fix that about myself because it's just not cool." So sure, I've had a lot of lessons throughout the five years of being on television and in the public eye. And I'm grateful for it. You know, there were moments that I wanted to crawl under the covers and just die, but you know, so what? OK, I'm still here, it's OK.

Viewers who watch *The Real Housewives* think they know you because it's a reality show. Do they really?

I would say the viewers have a pretty good handle of who we are as people. However, you don't know all sides of us. We are each multifaceted individuals, so you see one angle of us, you don't see everything.

THE ASSOCIATED PRESS



Caroline Manzo, one of the stars on *The Real Housewives of New Jersey*, has a new book titled *Let Me Tell You Something: Life as a Real Housewife, Tough-Love Mother, and Street-Smart Businesswoman*. GETTY IMAGES



What will be Lady Gaga's celebrity staying power? GETTY IMAGES

Dead or alive, for some celebrities fame just sticks

Reality TV stars may come and go, but a new study suggests true fame is enduring.

The research finds that people who achieve real celebrity remain famous for years, making frequent appearances in newspapers over periods of decades. The work bucks the widely held notion that fame is ephemeral, a belief held both by average individuals and by those who study the sociology of fame.

Eran Shor is an assistant professor of sociology at McGill University and is one of the authors of the study, which is published in the *American Sociological Review*.

He and his co-authors used large collections of newspaper archives that spanned decades to study the issue, looking at people in sports and politics and the field where fame is thought to be most fleeting — entertainment.

They found that even a dead celebrity like the eccentric billionaire Howard Hughes con-

tinues to feature in news articles long after his death.

"The large, large, large majority of people who get famous stay famous. For a long time. How long, it depends on how famous they got," Shor says.

Shor undertook the work with two colleagues from Stony Brook University, along with a software engineer from Google.

This portion of their ongoing work looks at figures in entertainment.

From a list of tens of millions of names that appeared in the entertainment sections of more than 2,000 newspapers between 2004 and 2009, a random sample of 100,000 names was drawn.

The names were then analyzed to see which appeared most often, with the top 10 from the sample selected for study. And then those names were tracked to see if people who were frequently written about for one year had sustained fame.

The top 10 were actors Jamie

Stuck in my head

"We're basically coming out and saying not only is fame not (fleeting), it's extremely sticky."

Eran Shor, assistant professor of sociology at McGill University

Foxx, Bill Murray, Natalie Portman, Tommy Lee Jones, Naomi Watts, John Malkovich, Adrien Brody and Steve Buscemi. Rounding out the group were music producer (and convicted murderer) Phil Spector and the late inventor and billionaire Howard Hughes.

"Here's a group of people that are fairly famous, but perhaps not the most famous of them all — and all of them stick. All of them stay around from year to year. We know who they are, the papers keep writing about them, they stay in some kind of a celebrity (mode). They didn't go away."

THE CANADIAN PRESS

One small business, and one giant step for youth employment



YOUR MONEY
Alison Griffiths
money@metronews.ca

Take an innovative restaurant in Toronto called The Depanneur, add in a guest program for young chefs-in-the-making, stir, season and serve up a dish that helps solve youth unemployment.

OK, maybe I'm stretching it a bit, but owner Len Senater is using his business to help young chefs, such as my daughter and recent graduate, Quinn Cruise, get started.

Recently, she created Japanese Hambaagu, a sushi rice bowl topped with slider-like Asian meatballs, creamy mushrooms, a fried egg, edamame and a side of Japanese pickle. Drooling yet?

The guest chef develops a dish, pays for the ingredients and keeps a portion of the take.

Supported by a volunteer sous-chef, well-known vegan and raw chef, Mary Hulbert, Quinn cooked up a storm and pocketed \$175 before expenses.

This isn't just a make-work program. If every business were as creative as Senater's, un-

employed or underemployed youth would have the opportunity to demonstrate their skills in the marketplace.

This very small business (affectionately called The Dep) offers up to 150 young chefs a shot annually. Multiply this by giant, mid-size and small enterprises across the country and Canada could develop a concerted effort to provide work experience for the young.

And benefits accrue to the host. "It's also inherently viral," Senater points out. "Each new chef brings friends and family to their events, introducing the Dep to way more people than I could on my own."

Many businesses have internships, but it's so random that finding them can be difficult. In contrast, a nation-wide program, including a central database, to help youth find job experience would not only be a productivity boost, but would pay forward into the impending employee shortage when the baby boomers finally retire.

Even better, a percentage of these positions should be earmarked for those with disabilities. Among this group the unemployment rate hovers in the 60 per cent or greater range. My job-seeking daughter is deaf



Quinn Cruise in the kitchen of The Dep. CONTRIBUTED

and part of that statistic.

"This experience really showed that I don't need hearing to be a good chef," Quinn says. "It also gave me a good idea about what to expect when I might head a restaurant

one day."

It all adds up to a win-win in my books.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Debt payments. Four credit score myths busted



Separate the credit score myths from the facts. NEWS CANADA

Your credit score is a three-digit number ranging from 300 to 900 that tells future lenders how risky it is to lend you money based on your history of making debt payments.

There are many misconceptions about what it takes to keep your score high. We asked Henrietta Ross, the CEO of the Canadian Association of Credit (CACCS) to help us sort fact from fiction:

Myth 1

You must use major credit cards to build a good score.

Truth

If you're unable to obtain a major credit card, there are other ways to build your credit history. Making regular payments on instalment loans such as a car lease can positively affect your score, as do department-store cards and secure credit cards, which require a cash deposit in the amount of the credit limit.

Myth 2

You can't make up for mistakes such as late payments.

Truth

It takes time, but your credit will become positive as you

build consistency with timely payments, Ross says. How much time it will take depends on a number of factors, including how long the late payment has been on your record and how long you've had the debt.

Myth 3

Paying cash boosts your score.

Truth

You need to use credit in order to demonstrate your ability to make payments. Using credit at least once every 30 days and making payments on time will keep you in good standing, says Ross.

Myth 4

I will not qualify for a mortgage if I've had a poor credit score.

Truth

Lenders look at your entire financial picture, including your assets, available cash flow and debt-to-income ratio. They'll also review your housing expense-to-income ratio, which is a comparison of your expected monthly mortgage payment with your gross monthly income. For more information on buying a home please visit, genworth.ca NEWS CANADA



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*Based on \$12,000 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

MLB

Red Sox rout Jeter-less Yankees 8-2

Pitcher Jon Lester and the Boston Red Sox got off to a quick start after a dreadful 2012 season, giving new manager John Farrell an 8-2 win over the barely recognizable New York Yankees, whose star Derek Jeter is out with a sore ankle, on opening day Monday.

Newcomer Shane Victorino led a revamped Red Sox lineup with three RBIs and rookie Jackie Bradley Jr. walked three times and scored twice in his big-league debut. Boston's big day against CC Sabathia (0-1) came a year after it lost its first three games under Bobby Valentine and went on to a 69-93 finish.

THE ASSOCIATED PRESS

NHL

Crosby, Subban, Bobrovsky earn March stars

Sidney Crosby's broken jaw was the unfortunate end of a spectacular month.

The NHL named Crosby the first star for the month after the Penguins captain's 25 points in 15 games helped Pittsburgh go undefeated in March.

Montreal defenceman P.K. Subban was named second star, while Columbus goaltender Sergei Bobrovsky took third star.

In weekly award winners, Toronto forward Joffrey Lupul was named first star, followed by San Jose goaltender Antti Niemi and Edmonton forward Taylor Hall.

THE CANADIAN PRESS



Members of Canada's national women's hockey team practise at Scotiabank Place before the IIHF women's world ice hockey championship in Ottawa on Monday. PATRICK DOYLE/THE CANADIAN PRESS

Canadians will wear Livestrong jerseys

Women's worlds.
Damaged brand about a cause, not one individual, Nike says

The Canadian women's hockey team will proudly wear black and yellow Livestrong jerseys in its first game of the world championships.

Still, players and coaches harboured conflicting emotions about the cancer charity's connection to Lance Armstrong after the cyclist admitted to doping.

"There are going to be

comments and people who are going to associate it with Lance Armstrong," coach Dan Church said. "I asked those same questions. I wanted to know about where the money was going. I wanted to know about that relationship."

"My perspective personally is Livestrong may be the greatest achievement Lance Armstrong had as an athlete. Beyond what he did on the bike and winning and beyond his cheating and what's happened to his reputation lately, this is a really positive thing. It's important for us to look at what it does for the millions of people as opposed

to what one person did."

Nike's line of Livestrong apparel raises money for the organization established 16 years ago by Armstrong, a cancer survivor. The cycling star's relationship with the charity ended last year after revelations that he took performance-enhancing drugs and lied about it for years.

The foundation continues to raise money to help people with cancer through its programs and services.

And that cause is why Canada's Olympic champions will be wearing the gear Tuesday night against the U.S. in Ottawa. THE ASSOCIATED PRESS

Personal connection

- Coach Dan Church's father died of cancer in January at age 70.
- Forward Jayna Hefford's father died in 2007 of the disease.
- Captain Hayley Wickenheiser's sister is a cancer survivor.
- Defenceman Tessa Bonhomme's grandmother is a breast cancer survivor.

Dickey ready to deliver under the dome



Blue Jays catcher J.P. Arencibia talks with R.A. Dickey after playing catch at a team workout on Monday at Rogers Centre. DAVID COOPER/TORSTAR NEWS SERVICE

While some baseball traditionalists decry the roof and artificial turf at Rogers Centre, R.A. Dickey sees a controlled environment and smiles.

Life under the dome has been good for the knuckleballer.

"The climate's not an issue. You don't have to worry about wind gusts. You don't have to worry about rain and moisture," said the 38-year-old right-hander, who opens for the Toronto Blue Jays against Justin Masterson

Knuckleballer

"I usually have fairly good numbers inside domes — traditionally."

Blue Jays pitcher R.A. Dickey

and the Cleveland Indians on Tuesday.

"It's usually a constant temperature. The grass usually is the same — especially here," he added with a grin.

That's the simple answer.

Like most things, Dickey has thought through the issue.

"In domes, a lot of times it depends on how much humidity gets inside," he adds, getting into the topic.

If the roof is left open on a hot day and then closed just before game time, the humidity is trapped inside without much circulation, he explained.

"It's hard to throw a knuckleball in that environment," he said.

THE CANADIAN PRESS

Should they stay or should they go?

After the Flames sent Jarome Iginla to the Pens, three other NHL stars could be on the move ahead of Wednesday's trade deadline

THE CANADIAN PRESS

Photos by Getty Images



Roberto Luongo

It's a surprise to many that Luongo is still with the Canucks as a well-paid backup goaltender.

While the rumours continue to swirl, the asking price just seems too high. Few teams are in need of a veteran with \$47 million left on a contract which doesn't end until 2022.

Jaromir Jagr

The Stars picked up the 41-year-old forward in the off-season and signed him to a one-year deal worth \$4.55 million.

He has been a top scorer on the team but it seems unlikely he'll stick around too long no matter what Dallas does this season.



Mike Ribeiro

Ribeiro, who will be an unrestricted free agent this summer, was picked up by the Capitals to add punch to their second line and he has delivered by becoming one of the team's top scorers.

The two sides are reportedly trying to hammer out an agreement in advance of the deadline.

Done deal. Flames send Bouwmeester to Blues ahead of trade deadline

The Calgary Flames dealt defenceman Jay Bouwmeester to the St. Louis Blues on Monday night ahead of the upcoming trade deadline.

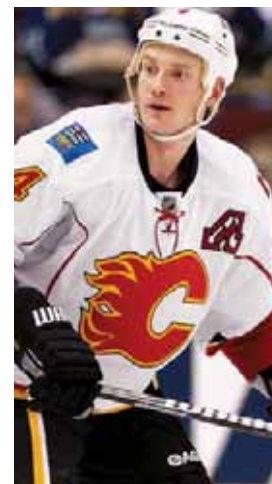
In return, the Flames acquired a first-round pick and two prospects - defenceman Mark Cundari and goaltender Reto Berra.

In the event St. Louis does not qualify for this year's playoffs, the Flames will receive St. Louis' fourth-round selection in this summer's draft, with the first-round pick being deferred to 2014.

The move comes after Calgary started a rebuild by trading captain Jarome Iginla to Pittsburgh last week. The NHL trade deadline is 3 p.m. (Eastern) on Wednesday.

Bouwmeester, who has an annual cap hit of US\$6.68 million through to the end of next season, has six goals and nine assists in 33 games in 2013.

The six-foot-four, 212-pound blue-liner joined



Calgary Flames Jay Bouwmeester.
RICK LAM/GETTY IMAGES

Calgary in 2009 after being drafted third overall by the Florida Panthers in 2002.

Bouwmeester has 71 goals and 229 assists in 10 seasons with the Flames and Panthers. **THE CANADIAN PRESS**

Kazakhstan

Pro hockey player dies after taking head shot in game

A player in the Kazakhstan ice hockey league has died, several days after receiving a violent hit to the head during a playoff game.

Dmitri Uchaykin, a Russian forward for the Ertis Pavlodar club, was 32. His club announced the death on its website, but did not give further details.

Uchaykin took a hard hit from Arystan forward Donatas Kumeliskas during their game, but Russia's Sovetsky Sport said the player left the ice on his own and drove back home after the game.

It said he then lost consciousness the next day and was rushed to a local hospital, where he died of a stroke early Sunday.

Uchaykin has spent most of his career with Russian club Amur.

THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	58	15	.795	—
x-New York	46	26	.639	11½
x-Indiana	47	27	.635	11½
x-Brooklyn	42	31	.575	16
x-Chicago	40	32	.556	17½
x-Atlanta	41	33	.554	17½
Boston	38	35	.521	20
Milwaukee	35	37	.486	22½
Philadelphia	30	43	.411	28
Washington	27	46	.370	31
Toronto	27	47	.365	31½
Detroit	25	50	.333	34
Cleveland	22	50	.306	35½
Orlando	19	55	.257	39½
Charlotte	17	56	.233	41

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	55	18	.753	—
x-Oklahoma City	54	20	.730	1½
x-Denver	50	24	.676	5½
x-L.A. Clippers	49	25	.662	6½
x-Memphis	49	24	.671	6
Golden State	42	32	.568	13½
Houston	40	33	.548	15
Utah	38	36	.514	17½
L.A. Lakers	38	36	.514	17½
Dallas	36	37	.493	19
Portland	33	40	.452	22
Sacramento	27	47	.365	28½
Minnesota	26	46	.361	28½
New Orleans	26	48	.351	29½
Phoenix	23	51	.311	32½

x — clinched playoff berth; z — clinched conference.

Monday's results

Detroit 108 Toronto 98
Cleveland at Atlanta
Orlando at Houston
San Antonio at Memphis
Boston at Minnesota
Charlotte at Milwaukee
Portland at Utah
Indiana at L.A. Clippers

Sunday's results

New Orleans 112 Cleveland 92
Washington 109 Toronto 92
Chicago 95 Detroit 94
Miami 88 San Antonio 86
New York 108 Boston 89

Tuesday's games — All times Eastern

Chicago at Washington, 7 p.m.
New York at Miami, 8 p.m.
Dallas at L.A. Lakers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION							
	GP	W	L	OL	GF	GA	Pt
Pittsburgh	36	28	8	0	123	84	56
New Jersey	36	15	12	9	89	100	39
NY Rangers	35	17	15	3	82	86	37
NY Islanders	36	17	16	3	103	113	37
Philadelphia	35	15	17	3	95	108	33

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	34	22	7	5	107	83	49
Boston	34	22	8	4	97	75	48
Ottawa	35	19	10	6	89	76	44
Toronto	36	20	12	4	112	100	44
Buffalo	36	13	17	6	94	113	32

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	37	18	17	2	91	110	38
Carolina	33	16	15	2	92	97	34
Washington	35	16	17	2	102	101	34
Tampa Bay	34	15	18	1	110	103	31
Florida	36	11	19	6	88	125	28

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results

NY Rangers 4 Winnipeg 2
NY Islanders 3 New Jersey 1
Carolina at Montreal
Colorado at Detroit
St. Louis at Minnesota
Nashville at Chicago
Anaheim at Dallas
Calgary at Edmonton
Vancouver at San Jose

Sunday's results

Chicago 7 Detroit 1
Columbus 2 Anaheim 1 (OT)
Los Angeles 3 Dallas 2
Philadelphia 5 Washington 4 (OT)
Boston 2 Buffalo 0

Tuesday's games

All times Eastern
Winnipeg at NY Islanders, 7 p.m.
Ottawa at Boston, 7 p.m.
Washington at Carolina, 7 p.m.
Buffalo at Pittsburgh, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Colorado at Nashville, 8 p.m.
Los Angeles at Phoenix, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION							
	GP	W	L	OL	GF	GA	Pt
Chicago	34	26	5	3	116	74	55
Detroit	35	17	13	5	91	92	39
Columbus	36	15	14	7	87	97	37
St. Louis	33	17	14	2	94	93	36
Nashville	35	14	14	7	87	96	35

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	34	21	11	2	97	86	44
Vancouver	35	19	10	6	92	90	44
Edmonton	34	14	13	7	87	95	35
Calgary	33	13	16	4	93	114	30
Colorado	34	12	18	4	84	108	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	35	23	7	5	107	90	51
Los Angeles	35	20	12	3	103	88	43
San Jose	34	17	11	6	85	84	40
Dallas	34	16	15	3	94	103	35
Phoenix	35	14	15	6	94	101	34

MLB

AMERICAN LEAGUE

Monday's results

Chicago White Sox 1 Kansas City 0
Boston 8 N.Y. Yankees 2
Detroit 4 Minnesota 2
Seattle at Oakland

Sunday's result

Houston 8 Texas 2

Tuesday game

Cleveland (Masterson 0-0) at Toronto
(Dickey 0-0), 7:07 p.m., EDT

NATIONAL LEAGUE

Monday's results

Washington 2 Miami 0
N.Y. Mets 11 San Diego 2
Chicago Cubs 3 Pittsburgh 1
Milwaukee 5 Colorado 4 (10)
L.A. Angels 3 Cincinnati 1 (13 inn.)
L.A. Dodgers 4 San Francisco 0
Philadelphia at Atlanta
St. Louis at Arizona

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metro



Horoscopes

Aries

March 21 - April 20

What would you do if you knew all things were possible? So do it. Cosmic activity is so much in your favour at the moment that anything you try this week will work out well, maybe even spectacularly.

Taurus

April 21 - May 21

The more you push, the more others will resist you and the more frustrated you will get. Maybe you should take the hint and stop trying so hard. Everything will work out for the best.

Gemini

May 22 - June 21

The thing you most need to remember today is that other people need you more than you need them. Maybe you should find a way to remind them how much they struggle when you're not around.

Cancer

June 22 - July 23

So you crave fame and fortune? There's a downside: loss of privacy and everything that goes with it. You don't care and you still want it? OK, now's the time to make your move.

Leo

July 24 - Aug. 23

Is there a belief or code of conduct that guides your actions? Is it living up to what you expected of it? If not, now is a good time to think in different directions. There are many paths to the ultimate goal.

Virgo

Aug. 24 - Sept. 23

This may be a serious time for you but it's by no means unfavourable. In fact, you will find over the next 24 hours that business and financial matters go exceedingly well. No, really, there's no catch.

Libra

Sept. 24 - Oct. 23

Go your own way, do your own thing today and don't worry what others think of it. Every now and again you need to get away from the crowd, and this is one of those times.

Scorpio

Oct. 24 - Nov. 22

You may not be looking forward to a new responsibility but neither should you be facing it with so much anxiety. The worst rarely happens and once you get in the swing of things, you'll sail through.

Sagittarius

Nov. 23 - Dec. 21

Aim to be the best at what you do, today and every day. You've had your five per cent inspiration, now you need to start building up perspiration — that's the other 95 per cent.

Capricorn

Dec. 22 - Jan. 20

This may be one of those days when everything you say is taken the wrong way. Be that as it may, you must not stop talking. You have a message to get across and the world needs to hear it.

Aquarius

Jan. 21 - Feb. 19

You may be dealing with a number of serious things but you are still allowed to have fun. Make time in your busy schedule to visit a friend who needs cheering up. It will cheer you up too.

Pisces

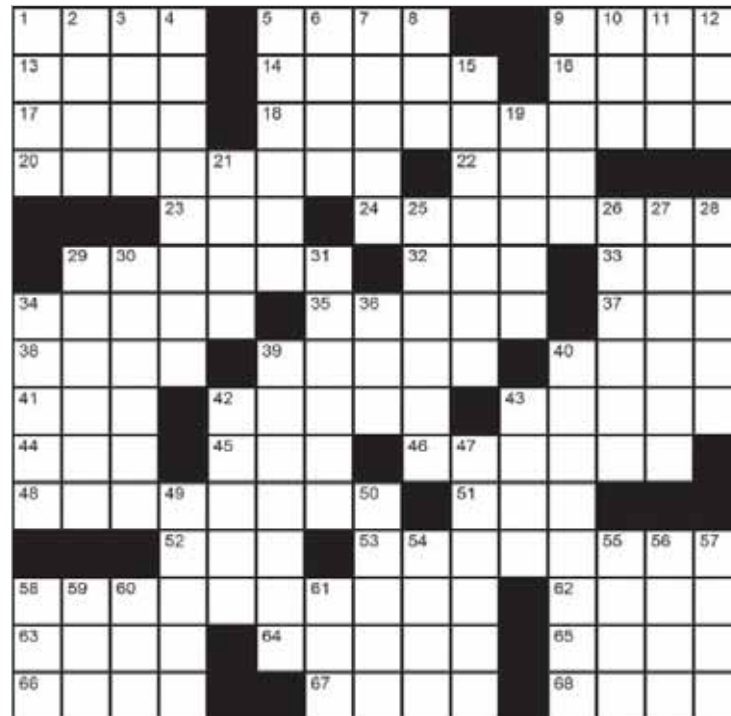
Feb. 20 - March 20

You may not be the most practical member of the zodiac but you know what you like and you know how to get it. You also know that you should never let a good opportunity slip away, so get busy. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Sports org.
5. Up for it
9. Schooling reason, for short
13. Lofty title
14. Mr. Jannings, and others
16. Filing cabinet abbr.
17. Sir Guinness
18. NDP leader: 2 wds.
20. Stanley __, role in "A Streetcar Named Desire" (1951)
22. "___ Another Day" (2002)
23. Margarine holder
24. Jim Carrey/Matthew Broderick movie, "The ___" (1996)
29. Self-sacrificer
32. Void, in Paris
33. Single
34. November's birthstone
35. 'Singing Cowboy' Gene
37. Time period
38. Rio's locale, for short
39. Suspicious
40. River of Russia
41. Q. "Is ___" that Canada begins with?" A. "Yes."
42. Uniform symbol
43. Way to buy movies, ___
44. Encouraging exclamation!
45. Slangy one-eighty turn
46. Snake-haired Gorgon
48. Clothes-storing furniture pieces



51. Points out a suspect, for short
52. Languish
53. Tabasco, for one: 2 wds.
58. Canadian band, Bedouin ___
62. After shave brand
63. Plinth

64. "___ Was a Lady"
65. Cheerful music
66. "___ better believe it!"
67. "Back in the ___" by The Beatles
68. Prefix meaning 'Outer'
- Down**
1. Escape
2. ___ Alto, California

3. Mushroomed
4. Infamous prison
5. What Ringo does with 'a little help' from his friends: 2 wds.
6. "Star Trek" episode, ___ Time
7. Imitate
8. Street for Freddy
9. Host an event

10. Prefix to 'gram' (Drawing)
11. ___/___ (Them/You opposite)
12. "Proud Mary" gr.
15. Home of the Big Nickel in Ontario
19. Canadian actress, Evangeline ___
21. Kellan of 'Twilight' movies
25. Pre-sporting event song
26. Defends
27. ___ Bay, Nunavut
28. Give way
29. Bricks and ___
30. Helicopter Prince Harry flies
31. Viking, for one
34. "Grease" (1978) gang member, ___
36. 18th U.S. President ...his monogram
39. Tin-glazed earthenware
40. Broken/needs to be replaced
42. Worked in a restaurant
43. Betting likelihoods
47. "Take your pick."
49. Church council
50. Fish that are like herrings
54. Suffix with 'Psych'
55. Type of acid
56. "She Sells Sanctuary" by The ___
57. 'Palm' suffix
58. Tofu base
59. Gold, in Spain
60. Arctic knife
61. Fiji's ___ Islands

Yesterday's Crossword

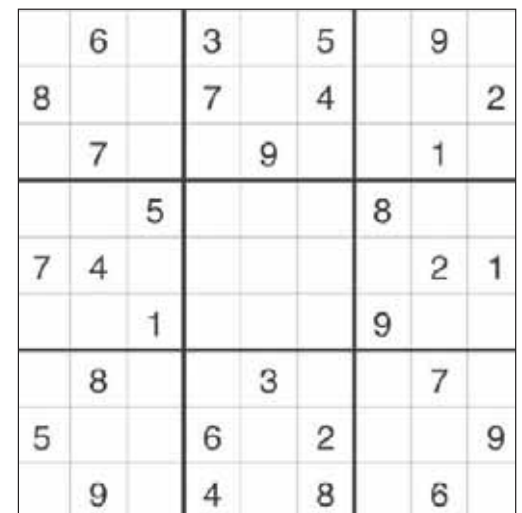


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



Wednesday



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